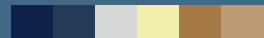


COVID-19 TOOLKIT

Gyms and Fitness Establishments



This toolkit provides guidance for gyms and fitness establishments to support safety for workers and patrons.



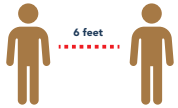
This toolkit includes:

1. COVID-19 Prevention Practices
2. Physical Distancing Requirements
3. Infection Control
4. Protecting Employees
5. Protecting Patrons
6. Resources to communicate with your employees and patrons.

These protocols are mandates.

**To prevent the spread of
COVID-19 in your gym or
fitness establishment,
here's what you need
to know and do:**

1. COVID-19 Prevention Practices



Physical distancing of at least 6 feet



Use of face coverings by employees and customers



Frequent handwashing and regular cleaning




Employee training on COVID-19 protocols



2. Physical Distancing Requirements

- All operations offered to the public are conducted outdoors and occupancy of outdoor spaces is limited to 50% or a level that enables all employees and patrons to maintain 6 feet of physical distance at all times.
- Employees may access indoor areas of the establishment to use the restroom, take breaks, move equipment, or conduct essential business. Patrons may not enter the establishment at any time.
- If possible, implement a reservation system and contact patrons 24 hours before their scheduled arrival to ensure neither they nor someone in their household is exhibiting COVID-19 symptoms.
- Instruct employees, including personal trainers, to maintain a 6-foot distance from clients, janitorial staff, and other employees.
- Modify group training classes such as aerobics, yoga, and dance to limit class size and ensure a minimum of six feet of physical distance between patrons.

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- Suspend high contact programs such as sporting events, organized intramural sports activities, pick-up basketball, or organized races.
 - Outdoor sports courts can be used for individual practice or for activities where 6 feet of distance can be maintained throughout the activity.
 - Spa services are not permitted, and yoga classes held in temperatures over 100 degrees should be discouraged.
 - Space all equipment and machines at least 6 feet apart or take some out of service to achieve required physical distancing. Consider placing high aerobic machines at least 8 feet apart.
 - Use one-way foot traffic patterns and use markings to assist patrons in keeping 6 feet of physical distancing.
 - Swimming facilities should comply with posted county protocols for public swimming pools.
 - View all physical distancing requirements by visiting the [Gym and Fitness Establishment Protocols](#).



3. Infection Control

- Contactless payment systems are in place or, if not feasible, systems are sanitized after each use by a different person.
- Perform thorough cleaning throughout the day in high traffic areas, including employee restrooms and break rooms. Frequently disinfect commonly used surfaces including exercise machines and equipment, doorknobs, and hand washing facilities.
- Public restrooms are closed. Hand sanitizer, paper towels and trash cans should be available to the public throughout the facility. Consider installing an outdoor handwashing station.
- Where possible, install hands-free devices, including motion sensor lights, contactless payment systems, automatic soap and paper towel dispensers, and water stations.
- If providing laundered linen services, provide these individually to patrons instead of offering self-serve areas. Provide a closed container where patrons can place used linens and ensure works who handle dirty laundry wear gloves.
- View additional infection control protocols by visiting the [Gyms and Fitness Establishment Protocols](#).

4. Protecting Employees

- All employees are told not to come to work if they are sick or if they are exposed to a person who has COVID-19.
- Screenings are conducted before employees may enter the workspace. Checks must include a check-in concerning cough, shortness of breath, difficulty breathing, and fever or chills and if the employee has had contact with a known COVID-19 case in the last 14 days. These checks can be done remotely or in person upon employee's arrival. A temperature check should be done at the site if feasible.
- All employees who interact with the public or other employees must wear cloth face coverings that are washed or replaced daily. Employees instructed not to wear a face covering by their medical provider should wear a face shield with a drape.
- Each employee is assigned their own tools, equipment and defined workspace to eliminate or minimize the sharing of held items. Workstations must be separated by at least 6 feet.
- Ensure hand hygiene practices including allowing employees time to wash their hands, the use of hand sanitizer, and proper glove use.
- Shift schedules and breaks are staggered to ensure physical distancing.
- View additional employee protection protocols by visiting the [Gyms and Fitness Establishment Protocols](#).

5. Protecting Customers

- All patrons must wear cloth face coverings throughout their time at the outdoor fitness space except when they are in a pool. Only children under 2 and individuals who have been instructed not to wear a face covering by their medical provider are exempt.
- Patrons must be warned to only do exercises where they can breathe comfortably while wearing a face covering over both their nose and mouth.
- Patrons should avoid placing personal products directly on shared surfaces.
- Require patrons to disinfect individual exercise equipment, mats, and machines before and after use.
- Patrons are encouraged to bring their own water bottles, mats, towels, and personal hygiene products.
- Cashless transactions are encouraged.
- View additional customer protection protocols by visiting the [Gyms and Fitness Establishment Protocols](#).



6. Resources to communicate with your staff and customers

Click on the link to find Guidances that must be followed:

Reopening Protocol for Gyms and Fitness Establishments

(must be posted at all public entrances)

Workplace Managers Guidance

Responding to COVID-19 in the Workplace Guidance

Cleaning and Disinfection Matrix

Posters

Notice to Customers Poster

Physical Distancing Poster

Cloth Face Covering Poster

Stay Away if Sick Poster



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